## What is claimed is:

[Claim 1] A thermal framing component comprising:

an elongated planar web including a longitudinal axis, a first edge parallel to the longitudinal axis, a second edge parallel to the longitudinal axis, a first side, and a second side;

a first tab extending from the first edge at approximately a 90 degree angle from the first side;

a second tab extending from the first edge at approximately a 90 degree angle from the second side; and a third tab extending from the second edge at approximately a 90 degree angle from the second side.

[Claim 2] The thermal framing component of claim 1, further comprising a fourth tab extending from the first or second edge in the same plane as the planar web.

[Claim 3] The framing component of claim 1, wherein the second tab is longitudinally adjacent to the first tab.

[Claim 4] The framing component of claim 3, wherein the third tab is in longitudinal registration with the second tab.

[Claim 5] The thermal framing component of claim 3, wherein the third tab is in longitudinal registration with the first tab.

[Claim 6] The thermal framing component of claim 1, further comprising a fourth tab extending from the second edge at approximately a 90 degree angle from the first side.

[Claim 7] The thermal framing component of claim 1, wherein at least one tab extends the full length of the component.

[Claim 8] The thermal framing component of claim 1, further comprising a plurality of tabs extending from the first edge in alternating position between a 90 degree angle from the first side and a 90 degree angle from the second side.

[Claim 9] The thermal framing component of claim 8, further comprising a plurality of a plurality of tabs extending from the second edge in alternating position between a 90 degree angle from the first side and a 90 degree angle from the second side.

[Claim 10] A thermal framing component comprising:

an elongated planar web including a longitudinal axis, a first edge parallel to the longitudinal axis, a second edge parallel to the longitudinal axis, a first side, and a second side;

a first tab extending from the first edge at approximately a 90 degree angle from the first side;

a second tab extending from the first edge at approximately a 90 degree angle from the second side; and

a third tab extending from the second edge at approximately a 90 degree angle from the second side; and

a fourth tab extending from the second edge at approximately a 90 degree angle from the first side,

wherein the first and third tabs are in longitudinal registration and the second and fourth tabs are in longitudinal registration.

## [Claim 11] A thermal framing component comprising:

an elongated planar web including a longitudinal axis, a first edge parallel to the longitudinal axis, a second edge parallel to the longitudinal axis, a first side, and a second side;

a first tab extending from the first edge at approximately a 90 degree angle from the first side;

a second tab extending from the first edge at approximately a 90 degree angle from the second side; and

a third tab extending from the second edge at approximately a 90 degree angle from the second side; and

a fourth tab extending from the second edge at approximately a 90 degree angle from the first side,

wherein the first and fourth tabs are in longitudinal registration and the second and third tabs are in longitudinal registration.

## [Claim 12] A thermal framing assembly for use in wall framing, comprising:

a top plate;

a bottom plate substantially parallel to and spaced from the top plate;

a thermal framing component including an upper end and a lower end, the upper end mounted to the top plate and lower end mounted to the bottom plate, including:

an elongated planar web including a longitudinal axis, a first edge parallel to the longitudinal axis, a second edge parallel to the longitudinal axis, a first side, and a second side;

a first tab extending from the first edge at approximately a 90 degree angle from the first side;

a second tab extending from the first edge at approximately a 90 degree angle from the second side; and

a third tab extending from the second edge at approximately a 90 degree angle from the second side; and rigid insulation having an edge in close and complementary

registration with a side of the web.

[Claim 13] The thermal framing component of claim 12, further comprising a fourth tab extending from the second edge at approximately a 90 degree angle from the first side.

[Claim 14] The thermal framing component of claim 13, wherein the first and third tabs are in longitudinal registration and the second and fourth tabs are in longitudinal registration.

[Claim 15] The thermal framing assembly of claim 12, further comprising mid-span blocking, wherein the thermal framing component is mounted to the mid-span blocking.

[Claim 16] A thermal framing assembly for use in wall framing, comprising:

a top plate;

registration with a side of the web.

a bottom plate substantially parallel to and spaced from the top plate;

a wall stud including an upper end and a lower end, the upper end mounted to the top plate and lower end mounted to the bottom plate;

a thermal framing component mounted along the wall stud below the top plate and above the bottom plate, comprising: an elongated planar web including a longitudinal axis, a first edge parallel to the longitudinal axis, a second edge parallel to the longitudinal axis, a first side, and a second side; a first tab extending from the first edge at approximately a 90 degree angle from the first side; a second tab extending from the first edge at approximately a 90 degree angle from the second side; and a third tab extending from the second edge at approximately a 90 degree angle from the second side; and rigid insulation having an edge in close and complementary

[Claim 17] The thermal framing component of claim 16, further comprising a fourth tab extending from the first or second edge in the same plane as the planar web.

[Claim 18] The thermal framing component of claim 16, further comprising a fourth tab extending from the second edge at approximately a 90 degree angle from the first side.

[Claim 19] The thermal framing component of claim 18, wherein the first and third tabs are in longitudinal registration and the second and fourth tabs are in longitudinal registration.

[Claim 20] The thermal framing assembly of claim 16, further comprising mid-span blocking, wherein the thermal framing component is mounted to the mid-span blocking.

[Claim 21] A method of making a thermal framing component, comprising:

providing an elongated metal strip including two parallel edges and a longitudinal axis;

designating a portion of the strip as a web, the web having two edges substantially parallel to and spaced from the strip edges and two sides;

cutting at least at two locations from each strip edge to the proximate web edge along a path substantially perpendicular to the respective strip edge to form a tab along each web edge; and

breaking the strip along each web edge to bend the tabs to be substantially perpendicular to the web.

[Claim 22] The method of making a thermal framing component of claim 21, wherein the tab along one edge is in longitudinal registration with the tab along the other edge.

[Claim 23] The method of making a thermal framing component of claim 21, wherein the tab along one edge is longitudinally offset from the tab on the other edge.

[Claim 24] The method of making a thermal framing component of claim 21, wherein breaking the strip along each web edge comprises bending one tab to form an angle of approximately 90 degrees with one side of the web, and bending the other tab in the opposite direction to form an angle of approximately 90 degrees with the other side of the web.

[Claim 25] The method of making a thermal framing component of claim 21, wherein breaking the strip along each web edge comprises bending one tab to form an angle of approximately 90 degrees with one side of the web, and bending the other tab in the same direction to form an angle of approximately 90 degrees with the same side of the web.

[Claim 26] A method of installing a thermal framing assembly, comprising:

providing a top plate and a bottom plate substantially parallel to and spaced from the top plate;

providing first and second thermal framing components each including an upper end and a lower end;

mounting the upper end of each thermal framing component to the top plate and each lower end to the bottom plate, each thermal framing component including:

an elongated planar web including a longitudinal axis, a first edge parallel to the longitudinal axis, a second edge parallel to the longitudinal axis, a first side, and a second side;

a first tab extending from the first edge at approximately a 90 degree angle from the first side;

a second tab extending from the first edge at approximately a 90 degree angle from the second side; and

a third tab extending from the second edge at approximately a 90 degree angle from the second side;

providing rigid insulation including two substantially parallel edges; and

inserting the rigid insulation between the two thermal components causing the edges to be in close and complementary registration with a side of the web of each component.

[Claim 27] The method of installing the thermal framing assembly of claim 26, wherein mounting the thermal framing components and inserting the rigid insulation comprises mounting the first thermal framing component to the top and bottom plates, inserting the rigid insulation to be in close and complementary registration with the web of the first thermal framing component, placing the second thermal framing component so that the web is in close and complementary registration with the rigid insulation, and mounting

the second thermal framing component to the top and bottom plates.

[Claim 28] A method of installing a thermal framing assembly, comprising:

providing a top plate and a bottom plate substantially parallel to and spaced from the top plate;

providing a first and second wall studs each including an upper end, a lower end, a wall stud web, and a wall stud flange;

mounting the upper end of each wall stud to the top plate and the lower end of each wall stud to the bottom plate;

providing first and second thermal framing components; mounting a first thermal framing component to the first wall stud and the second thermal framing component to the second wall stud, the mounting locations below the top plate and above the bottom plate, each thermal framing component including:

an elongated planar web including a longitudinal axis, a first edge parallel to the longitudinal axis, a second edge parallel to the longitudinal axis, a first side, and a second side;

a first tab extending from the first edge at approximately a 90 degree angle from the first side;

a second tab extending from the first edge at approximately a 90 degree angle from the second side; and

a third tab extending from the second edge at approximately a 90 degree angle from the second side;

providing rigid insulation including two substantially parallel edges; and

inserting the rigid insulation between the two thermal components causing the edges to be in close and complementary registration with a side of the web of each component.

[Claim 29] The method of installing the thermal framing assembly of claim 28, wherein mounting the thermal framing components and inserting the rigid insulation comprises mounting the first thermal framing component to the first wall stud, inserting the rigid insulation to be in close and complementary registration with the web of the first thermal framing component, placing the second thermal framing component so that the web is in close and complementary registration with the rigid insulation, and mounting the second thermal framing component to the second wall stud.

[Claim 30] The method of installing the thermal framing assembly of claim 28, wherein mounting each thermal framing component comprises mounting a fourth tab to the respective wall stud, each fourth tab extending from the respective thermal framing component in the same plane as the planar web to be disposed along the respective wall stud web.

[Claim 31] The method of installing the thermal framing assembly of claim 28, wherein mounting each thermal framing component comprises mounting the respective first tab, second tab, third tab, or a combination thereof along the face of the respective wall stud flange.